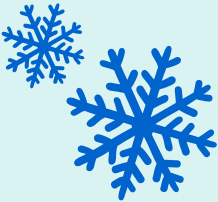


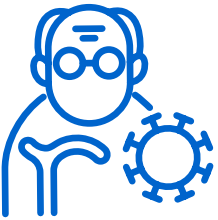
# Protect the Ones You Love, and Who Love You

Keep Older Adults Safe from COVID-19 During the Winter Holidays



This winter is an especially dangerous time for older people because of the COVID-19 virus.

- **Did you know?** 94% of the 770,000+ U.S. residents who have died from COVID-19 were over the age of fifty, including more than 250,000 who died last winter.<sup>1</sup>



If older adults get COVID-19, they are much more likely than younger people to be hospitalized or die.

- **Did you know?** Adults 65–74 are 65 times more likely to die, if they get COVID-19, than are young adults (ages 18–29). Adults over 85 are 370 times more likely.
- Adults 65–74 are roughly 5 times more likely to be hospitalized, if they get COVID-19 than are young adults (ages 18–29). Adults over 85 are roughly 10 times more likely.<sup>2</sup>



Vaccines greatly reduce an older person's risks of getting a severe case of COVID-19.

- **Did you know?** By being fully vaccinated, older adults reduce their chances of being hospitalized<sup>3</sup> by 94% and of dying<sup>4</sup> by 91% if they get COVID-19.



The greatest risk of infection comes from family members and friends who visit indoors and don't know they have COVID-19.

- **Did you know?** Even if you are fully vaccinated, it is still possible, but less likely for you to get and transmit COVID-19 to family and friends. The virus is spread primarily through the air. Therefore, everyone needs to be especially careful around unvaccinated older adults.



Protect the ones you love, and who love you!

- Recommend and help your family and older friends to get vaccinated or get a booster shot.
- If you visit with family, friends, and other people, it is safest to do so in open air spaces or well-ventilated spaces.
- Wear masks indoors, especially if you are around unvaccinated people.
- If you are not fully vaccinated, don't endanger your loved ones: avoid close contact indoors unless you wear masks.

<sup>1</sup> <https://www.cdc.gov/nchs/nvss/vsrr/COVID19/index.htm>

<sup>2</sup> <https://www.cdc.gov/coronavirus/2019-ncov/covid-data/investigations-discovery/hospitalization-death-by-age.html>

<sup>3</sup> <https://www.cdc.gov/media/releases/2021/p0428-vaccinated-adults-less-hospitalized.html>

<sup>4</sup> <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/effectiveness/index.html>